

# RETINACULAR Ganglion Cyst

**Cause:** Unknown

**Symptoms:** Pain and / or Unsightly Mass

**Treatment:**

- Splints
- NSAIDs (Ibuprofen, Aspirin)
- Aspiration (Dorsal Only)
- Surgery

**Post Operative Course:**

- Move Fingers & Hand Immediately
- Remove Dressing after Two Days
- Mass Gone Immediately
- Pain Improves Over Few Weeks to Months
- Keep Hand Elevated Above Heart for 7 Days
- Keep Wound Dry Until After Sutures Removed
- Sutures Will Be Removed 7 to 10 Days after Surgery
- Post Operative Discomfort for at least 7 Days
- Pain with Lifting/Grasping/Twisting for 3 Weeks
- Recurrence 10%

**Risks of Surgery Include But Are Not Limited To:**

- |                      |                 |
|----------------------|-----------------|
| • Infection <1%      | • Tendon Injury |
| • Bleeding           | • Artery Injury |
| • Risk of Anesthesia | • Painful Scar  |
| • Nerve Injury       | • Recurrence    |

**Good Website:**

- [http://www.assh.org/AM/Template.cfm?Section=Hand\\_Colon\\_Hand](http://www.assh.org/AM/Template.cfm?Section=Hand_Colon_Hand)

